

CURRICULUM VITAE

Lindsay R. Druskin, B.A.ldruskin@umd.edu | (301) 512-1820**EDUCATION****B.A. Psychology, Minor in Human Development** May 2018

University of Maryland, College Park, MD

Cumulative GPA: 3.5/4.0

*Undergraduate Thesis: Does adolescent friendship quality moderate the relation between mother- and father-child attachment and internalizing symptoms?***FUNDING INFORMATION****Under Review**Fall 2020 - Spring 2023
(under review)**National Science Foundation (NSF) Graduate Research Fellowship**

The NSF Graduate Research Fellowship Program (GRFP) recognizes and supports outstanding graduate students who are pursuing research-based degrees at accredited United States institutions. If chosen, I will receive a three-year annual stipend, \$12,000 cost of education allowance for tuition fees (paid to institution), opportunities for international research and professional development, and the ability to conduct independent research.

My application proposes to examine whether parenting self-efficacy relates to child empathy through parental emotion coaching/dismissing styles. The proposed study aims to further the literature through a multimodal investigation of parent cognitions and emotion socialization strategies as predictors of child empathy. The study will utilize parent-reports, observations, and physiological measurement (respiratory sinus arrhythmia [RSA]) to examine these constructs in a racially and socio-economically diverse sample.

HONORS & AWARDS

Aug 2015 – May 2018

Dean's List, University of Maryland, College Park

June 2016 – Aug 2017

Bright Futures Internship Scholarship Recipient (Total cost: \$1,000)

June 2016

Jeffrey A. McLean Foundation Scholarship Recipient (Total cost: \$6,000)**RESEARCH & CLINICAL EXPERIENCE****Laboratory for the Study of Child & Family Relationships**

April 2018 – Present

Human Development & Quantitative Methodology Department, University of Maryland, College Park

Role: Project Coordinator/Lab Manager*Principal Investigators:* Kenneth Rubin, Ph.D. & Andrea Chronis-Tuscano, Ph.D.

*NIMH-funded R01 grant: Multi-Component Early Intervention for Inhibited Preschool Children**Project Coordinator Responsibilities:*

- Serve as project coordinator for a 5-year, NIMH-funded grant (R01) examining early intervention programs for behaviorally inhibited preschool-aged children and their parents
 - Manage one-year follow-ups
 - Handle and track purchase orders and participant compensation
 - Assist in the preparation and organization of University and NIH progress reports and data safety monitoring reports, ensuring adherence to all deadlines
 - Assist with large-scale participant recruitment
 - Cultivate relationships with various schools, pediatrician practices, and community organizations
 - Utilize social media to aid in participant recruitment
 - Track information about enrolled families, interviews, assessments, and treatment groups
 - Trained to edit and evaluate inter-beat-interval (IBI) data prior to heart rate variability analysis using both the CardioEdit and CardioBatch software
- Serve as project coordinator for a study examining how, and whether a comparison group of children's play behavior in their preschool classroom changes over an eight-week period
 - Manage study progress
 - Handle and track purchase orders and participant compensation
 - Schedule school observations of child participants
 - Contact local schools and oversee participant recruitment
 - Obtain consent from parent participants via phone
 - Prepare and organize all University and NIH progress reports and continuing reviews of study, ensuring adherence to all deadlines

Research Responsibilities:

- Successfully ran over 20 participant visits, maximizing personnel and resources available
 - Obtain consent from parent participants
 - Collect Heart Rate Variability and Galvanic Skin Response data from parent and child participants
 - Problem-solve when child participants have difficulty participating in the physiological data collection protocol
 - Implement parent-child interaction observation protocol, with tasks including clean-up, free play, structured play, and a separation
- Oversee physiological data collection from adolescent participants
 - Train research staff and undergraduate interns/research assistants (RAs) on technical and physiological data collection procedures
- Prepare and submit IRB materials regarding study procedures, documentation, adverse events, amendments, and annual continuing reviews
- Conducted over 100 school observations of child participants
 - Visit participants' schools to observe children's naturalistic social behaviors in the school setting using the Play Observation Scale (POS) coding system
 - Obtain consent from principals and teachers to collect school observation and teacher rating data

- Maintain and submit research approval and renewal applications to conduct research in local public-school districts
- Utilize Qualtrics to administer parent, teacher, and principal questionnaires
- Assist with poster and manuscript preparation
- Participate in weekly research team meetings to discuss study progress

Lab Managerial Responsibilities:

- Manage overall lab functioning
- Co-lead journal club and lab meetings
- Recruit, interview, and train interns/undergraduate RAs
 - Supervise over 20 undergraduate RAs
 - Train RAs in research protocols and coding schemes
 - Oversee coding and input of data, as well as other research tasks

Maryland ADHD Program

University of Maryland, College Park

Supervisors: Andrea Chronis-Tuscano, Ph.D. & Michael Meinzer, Ph.D.

NIMH-funded R34 grant: Behaviorally Enhancing Adolescents' Mood in Schools (BEAM-S)

Role: Clinical Assessor

July 2019 - Present

- Serve as a clinical assessor for an evidence-based depression prevention program for high school students with ADHD and co-occurring mood difficulties, maximizing opportunities to access mental health care by delivering the program within the school setting
- Utilize the Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) to assess for affective disorders in adolescent participants
- Assess suicide risk using the Columbia-Suicide Severity Rating Scale (C-SSRS)

Students Understanding College Choices Encouraging & Executing Decisions for Success (SUCCEEDS)

Role: Coach

Feb 2019 – Present

- Serve as a coach in a clinic for UMD students with ADHD struggling with academic or mental health difficulties
- Implement evidence-based treatments incorporating skills from organizational skills training, behavioral activation, cognitive behavioral therapy, and academic coaching for college students with ADHD to improve time management, organization, motivation, goal identification, and activity planning
- Participate in weekly group supervision with licensed clinical psychologist
- Attend weekly group therapy sessions
- Case load: 1 client/week

Alvord, Baker, & Associates, LLC, Bethesda, MD

Oct 2017 – Present

Cool, Confident, and Courageous (CCC)TM Group for Selective Mutism and/or Severe Social Anxiety

Role: Volunteer Therapist

Clinical Supervisors: Veronica Raggi, Ph.D. & Kelly O'Brien, Ph.D.

- Aid in the implementation of eight cohorts of an eight-week behavioral program for 4 through 15-year-olds with selective mutism and/or severe social anxiety to focus on the continued practice and reinforcement of brave speech and social interaction with peers and adults
- Use Child Directed Interaction (CDI) Skills to promote and reinforce positive social behaviors (verbal responses and spontaneous verbalizations) and increase children's self-esteem while receiving live supervision from a clinical psychologist

Resilience Builder Program®

Role: Co-Facilitator

Oct 2018 – Jan 2019

Clinical Supervisor: Heather Loffredo, Psy.D.

- Co-facilitated three fourteen-week social competency programs for middle school through college-aged students with high functioning Autism Spectrum Disorders based on the Resilience Builder model
- Monitored participant progress and provided treatment updates to parents
- Independently created and led treatment lesson on optimism and positivity

Children's National Medical Center, Washington, D.C.

Aug 2017 – Present

DC Collaborative for Mental Health in Pediatric Primary Care, Child Health Advocacy Institute

Role: Research Intern

Principal Investigator: Lee Beers, M.D.

Mental Health Integration in Pediatric Primary Care

Principal Investigator: Leandra Godoy, Ph.D.

Klingenstein Third Generation Foundation-funded grant: Linking Primary Care to Community Based Mental Health Resources via Family Navigation Support

- Assist with a Quality Improvement project aimed at improving mental health screening practices in pediatric primary care and improving provider comfort with identifying and addressing mental health issues
- Assist with a randomized pilot study examining the role of family navigation programs in improving engagement from primary care referrals to community-based mental health providers as well as child mental health outcomes
 - Independently lead follow up interviews with families about their experiences accessing mental health care through the DC Collaborative for Mental Health in Pediatric Primary Care (DC Collaborative; a public-private partnership aimed at improving the integration of mental health in pediatric primary care for youth in the District of Columbia)
 - Analyze verbatim interview transcripts with Dedoose qualitative data analysis software
 - Aided in the creation of coding scheme to assess participating families' engagement and satisfaction with mental health services
 - Code transcribed family interviews
- Contacted over 300 local mental health centers and clinicians to obtain updated information for the creation of the Child & Adolescent Mental Health Resource Guide, a comprehensive directory of mental health resources in the DC area
- Conduct literature searches and assist with poster and manuscript preparation

- Enter participant records into REDCap software

Uniformed Services University of the Health Sciences, Bethesda, MD March 2017 – April 2018
Developmental Laboratory on Eating & Weight Behaviors, Medical & Clinical Psychology Department

Role: Research Intern

Supervisor: Marian Tanofsky-Kraff, Ph.D.

Henry M. Jackson Foundation for the Advancement of Military Medicine-funded grant: Preventing Obesity in Military Communities, Adolescents

- Assisted with a 6-year Henry M. Jackson Foundation-funded grant examining interpersonal therapy to prevent eating disorders and excessive weight gain in adolescent military dependents at high risk for adult obesity
- Collected physical and mental health data from over 30 adolescent participants (body composition, eating behavior, psycho-social adjustment) through use of the BodPod Volumetric 3D Body Scan System, Eating Disorder Examination (EDE), Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS), and a variety of psychosocial questionnaires
- Assisted with participant recruitment by providing information to interested families
- Led recruitment events at various military installations
- Conducted over 30 phone screens with interested participants
- Entered and analyzed participant records and assessments in SPSS
- Designed and distributed monthly newsletters to participants
- Served as peer co-reviewer for the three following journals: *Appetite*, *Eating Behaviors*, *An International Journal*, and *The Journal of Adolescent Health*

Laboratory for the Study of Child & Family Relationships Nov 2015 – April 2018

Human Development & Quantitative Methodology Department, University of Maryland, College Park

Role: Head Undergraduate Research Assistant (RA)

Principal Investigators: Kenneth Rubin, Ph.D. & Andrea Chronis-Tuscano, Ph.D.

NIMH-funded R01 grant: Multi-Component Early Intervention for Inhibited Preschool Children

- Assisted with a 5-year, NIMH-funded grant (R01) examining early intervention programs for behaviorally inhibited preschool-aged children and their parents
- Completed independent senior thesis on peer friendship quality as a moderator of the link between insecure attachment and internalizing outcomes
- Used Parent Child Interaction Therapy (PCIT) Child-Directed Interaction (CDI) skills while working one-on-one with child participants
- Independently ran participant visits at pre-, mid-, and post-treatment
 - Implemented parent-child interaction observation protocol, with tasks including clean-up, free play, structured play, and a separation
- Trained incoming RAs in research protocol procedures
- Oversaw RAs and tracked completion of lab tasks
- Served as point of contact between RAs, graduate students, research staff, and principal investigators
- Coded parent-child interaction protocol using the Parental Warmth and Control Scale

Adoptions Together Post Permanency Family Center, Washington, D.C. May 2016 – Sept 2017*Role:* Intern*Clinical Supervisor:* Carey Tompkins, MSW, LICSW

- Worked directly with licensed clinicians to provide resources, treatment, and support to families with adoption and attachment-related concerns
- Assisted with the creation of a new therapeutic program designed to provide children with skills to navigate scenarios related to their identity and adoption
- Acted as a group leader for a monthly Respite Program for youth and adolescents
 - Created activities and topics for discussion related to adoption
- Trained to score and analyze questionnaire and assessment responses: Child Behavior Checklist (CBCL), Parenting Stress Index (PSI), Youth Self Report (YSR), Adult Adolescent Parenting Inventory (AAPI)
- Trained interns to score and analyze outcome measures
- Created a template for comprehensive assessment summaries to aid in treatment planning
- Created and organized client treatment plans for clinical use in court hearings
- Conducted phone screen intakes for new clients
- Provided therapeutic child observation and care while guardians participated in treatment sessions
- Responsible for entry and analysis of client records and assessment data

VOLUNTEER EXPERIENCE**The National Center for Children and Families**

July 2018 – Present

Role: Volunteer*Volunteer Supervisor:* Dahlia Levin

- Assist children and adolescents with homework and basic organizational skills to foster school readiness and success

LEADERSHIP EXPERIENCE**Association for Behavioral and Cognitive Therapies (ABCT)**

Jan 2019 - Present

Role: Student Membership Committee Member

- Brainstorm initiatives and activities to involve student members of ABCT as well as encouraging them to be actively engaged in ABCT
- Involved with the Diversity/Inclusivity Subcommittee, which focuses on developing and implementing effective, culturally sensitive, and sustainable strategies for enhancing diversity and inclusion among student members of ABCT and student attendance at ABCT conferences

Department of Psychology, University of Maryland, College Park

Jan 2018 – May 2018

Role: Undergraduate Teaching Assistant*Course:* Child Psychopathology*Supervisor:* Lea Dougherty, Ph.D.

- Assisted in the planning and preparation of two weekly lectures
- Graded student exams, essays, and group work
- Met one-on-one with undergraduate students to answer questions and provide assignment feedback

Psi Chi: The International Honors Society in Psychology

May 2017 – May 2018

University of Maryland, College Park

Role: Secretary of the Executive Board

- Planned and lead Psi Chi events
- Assisted in organizational aspects of the society

PUBLICATIONS

- Godoy, L., Gordon, S., **Druskin, L.**, Long, M., Kelly, K. P., Beers, L. (under review). Pediatric provider experiences with implementation of routine mental health screening. *Journal of Developmental and Behavioral Pediatrics*.
- Godoy, L., Hodgkinson, S., Robertson, H. A., Sham, E., **Druskin, L. R.**, Wambach, C. G., Beers, L. S., & Long, M. (2019). Increasing mental health engagement from Primary Care: The potential role of family navigation. *Pediatrics*. doi:10.1542/peds.2018-2418
- Bakalar, J. L., Barmine, M., **Druskin, L. R.**, Olsen, C. H., Quinlan, J., Sbrocco, T., & Tanofsky-Kraff, M. (2018). Childhood adverse life events, disordered eating, and body mass index in U.S. Military service members. *International Journal of Eating Disorders*. doi:10.1002/eat.22851

POSTER PRESENTATIONS

- Druskin, L. R.**, Smith, K. A., Novick, D. R., Barstead, M. G., Danko, C. M., Badders, R., Wagner, N. J., Dougherty, L. R., Chronis-Tuscano, A., Rubin, K. H. (2019, November). *The moderating effects of parent and child anxiety on the association between physiological regulation and parental accommodation*. Poster presented at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
- Druskin, L. R.**, Smith, K. A., Novick, D. R., Fleece, H. M., Pham, S. N., Chronis-Tuscano, A., & Rubin, K. H. (2019, November). *In the eye of the beholder: Parent perceptions more highly predict their accommodations of child anxiety than naturalistic observations*. Poster presented at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Meeting of the Child & Adolescent Anxiety Special Interest Group (SIG), Atlanta, GA.
- Fleece, H. M., Smith, K. A., **Druskin, L. R.**, Pham, S. N., Chronis-Tuscano, A., & Rubin, K. H. (2019, November). *Observed social behavior of preschool children with parents with internalizing disorders*. Poster presented at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
- Novick, D. R., Barstead, M. G., Smith, K. A., Danko, C. M., Rubin, K. H., Badders, R. N., **Druskin, L. R.**, Wagner, N. J., Dougherty, L., Coplan, R. J., Chronis-Tuscano, A. (2019, November). *Predictors and moderators of parent engagement in early intervention programs for behaviorally inhibited preschool age children*. Poster presented at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
- Willing, L., Godoy, L., Long, M., **Druskin, L.**, Pustilnik, S., Bostic, J., Beers, L. & Latif, F. (2019, October). *Role of child psychiatric access programs (CPAPs) in suicide screening and assessment*. Poster presented at the 66th American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting, Chicago, IL.
- Druskin, L. R.**, Barstead, M. G., Novick, D. R., Smith, K. A., Fleece, H. M., Wagner, N. J., Danko, C. M., Chronis-Tuscano, A., & Rubin, K. H. (2019, May). *Parasympathetic control moderates*

inhibited children's susceptibility to parental influences on play behaviors. Poster presented at the 31st Association for Psychological Science (APS) Annual Convention, Washington, D.C.

Smith, K. A., **Druskin, L. R.**, & Rubin, K. H. (2019, March). *Associations between extraversion, agreeableness, and conscientiousness and peer-reported social behaviors*. Poster presented at the Biennial Meeting of the Society for Research in Child Development (SRCD), Baltimore, MD.

SYMPOSIA

* *Indicates presenter*

Druskin, L. R.*, Smith, K. A., Novick, D. R., Danko, C. M., Fleece, H. M., Wagner, N. J., Barstead, M. G., Chronis-Tuscano, A., & Rubin, K. H. (submitted). *A comparison of behaviorally inhibited and typically-developing children's play behaviors in the preschool classroom*. In K. A. Smith & A. J. Santos (Co-chairs), *Young Children's Behavior "In the Wild": Naturalistic Observations of Children's Social Engagement and Its Antecedents and Consequences*. Symposium to be conducted at the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

Fleece, H. M., Smith, K. A.*, **Druskin, L. R.**, Novick, D. R., Danko, C. M., Chronis-Tuscano, A., & Rubin, K. H. (submitted). *The development of friendships in behaviorally inhibited preschoolers*. In M. G. Lo Cricchio & A. J. Santos (Co-chairs), *Children and Early Adolescents' Peer Relations and Adjustment*. Symposium to be conducted at the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

Smith, K. A.*, **Druskin, L. R.**, Fleece, H. M., Chronis-Tuscano, A., & Rubin, K. H. (submitted). *Observed social behaviors as predictors of peer group functioning*. In K. A. Smith & A. J. Santos (Co-chairs), *Young Children's Behavior "In the Wild": Naturalistic Observations of Children's Social Engagement and Its Antecedents and Consequences*. Symposium to be conducted at the International Society for the Study of Behavioural Development (ISSBD). Rhodes, Greece.

MANUSCRIPTS IN PREPARATION

Novick, D. R., Smith, K. A., Barstead, M. G., Danko, C. M., Rubin, K. H., Badders, R. N., **Druskin, L. R.**, Dougherty, L. R., & Chronis-Tuscano, A. (in preparation). *Predictors and moderators of parent engagement in early interventions for behaviorally inhibited preschool-age children*.

Smith, K. A., Barstead, M. G., Novick, D. R., **Druskin, L. R.**, & Rubin, K. H., (in preparation). *Social and emotional correlates of introversion trajectories across adolescence*.

Smith, K. A., **Druskin, L. R.**, & Rubin, K. H. (in preparation). *Extraversion, agreeableness, and conscientiousness as predictors of peer-reported social behaviors*.

Willing, L., Godoy, L., Long, M., **Druskin, L. R.**, Pustilnik, S., Bostic, J., Beers, L., & Latif, F. (in preparation). *Role of child psychiatric access programs (CPAPs) in suicide screening and assessment*.

INVITED PRESENTATIONS

Druskin, L. R. (2019, October) *Post-Baccalaureate Research Experiences in Psychology*. Invited panel presentation, University of Maryland, College Park, MD.

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies (ABCT), *Member*

- Child and Adolescent Anxiety Special Interest Group, *Member*

Association for Psychological Science (APS), *Member*

Psi Chi: The International Honors Society in Psychology, *Member*

Society for Research in Child Development (SRCD), *Member*

RELEVANT TRAINING & SKILLS

Proficiencies: AcqKnowledge, Noldus Media Recorder, Observer, REDCap, and SPSS

Research Skills: IRB application/amendment writing & continuing review completion, protocol creation, survey administration, participant recruitment and coordination, physiological data collection, school observation, data entry, incentive handling, NIH/DSMB report completion